

DEVELOPMENT AND QUALITY EVALUATION OF IRON RICH COOKIES.

Dissertation for the Degree of Master of Science

Foods and Nutrition

By

Roshni Devnani

Under the Guidance of

Ms. Krishna D. Thakkar

Asst. Professor

Department of Home Science

Children's University, Gandhinagar

Year 2020-21

Abstract: Cookies were developed by incorporating wheat flour with oats, cornflakes, cashews, sesame seeds, raisins, peanuts etc while other cookies were developed incorporating oats flour blending spinach puree and dates paste in it. This study was conducted to determine the acceptability of both the iron rich cookies through sensory evaluation and laboratory analysis of the cookies. In sensory evaluation, through score cards and hedonic rating rates were given by panel members about the acceptability of cookies from two different variations. The sensory results revealed that according to texture and taste Sample 2 was not much liked by panel members while Sample 1 was liked by panel member and Sample 1 was selected to send in laboratory for analysis of iron content in it.

In laboratory analysis, per 100 gm cookies 100 mg iron content was found which was the very good result of iron content in it. After that randomly 30 samples were selected for tasting the cookies and for knowing their feedbacks. According to them also this healthy iron rich cookies were best option against different biscuits.

Keywords: Nutrition, Iron, Cookie, Food, Evaluation